

# Copperhaven School

## Newsletter



COPPERHAVEN  
COBRAS

May 3, 2021

### Principal's Message

Parkland School Division recently announced several new principal assignments for the upcoming 2021-2022 school year. Included in those new principal assignments was our own Assistant Principal Cherie Lovsund. While I will be very sorry to be losing Mrs. Lovsund as one of my partners I am very pleased that she has been given the opportunity for career advancement as the principal of Duffield School in September 2021. Mrs. Lovsund has worked hard at Copperhaven these last three years and is now ready for the new challenge of running her own school. Congratulations, Mrs. Lovsund.

*Linda Simmonds*



### Dates to Remember

- May 5 Hats on for Mental Health Day
- May 5 Grade 9 Immunizations
- May 21 Professional Development Day-No school for students

### Mental Health May

This month we are focusing our morning announcements on positive mental health with a series of morning announcements based on encouraging our students to adopt a positive attitude. Finding reasons to be grateful can have a big positive impact on mental health.

### Bus Riders

Please be aware that guest riders are not permitted on any Parkland School Division bus. If students must go to an alternate location on any given day parents must arrange their own transportation.

### Copperhaven Playground

Did you know that only a small sliver of the back of Copperhaven School belongs to the Parkland School Division? The vast majority of the empty land behind the school belongs to the City of Spruce Grove. Our students are anxious for goal posts and some other play resources to be put in place on the piece of city owned land. As they express interest to the staff of Copperhaven we are taking the opportunity to teach students about how to advocate to the government for what they want in their community.

## Update from your Parent Council

Our next meeting will be taking place virtually Wednesday May 21st at 6:30pm. For anyone wishing to attend please email the school and a link to the meeting will be sent to you.

We would like to remind everyone about our [Facebook Page](#) and our [Facebook Group](#). If you haven't had a chance please join the conversations. We look forward to using these tools as a way to open up dialogue on a variety of topics.

Your Copperhaven School Council,

Sean, Amy, Kim, Shayna, and Erin.

## TBRA Update

### Next Meeting:

Our next meeting is on May 5th at 6:30pm and will be held virtually. If you would like to join us please contact us by email and we will send you the meeting link, [theboundaryridge@gmail.com](mailto:theboundaryridge@gmail.com).

### Mother's Day flowers through The Big Greenhouse:

Simply click the link below and enter the code **Copperhaven2021** to go to our school's own order website. Voucher orders will be available right up until Mother's Day whereas curbside orders must be placed by May 14th to allow time to arrange pick-up. Baskets will be available to choose/pick-up from May 1 - 15th.

[www.fundraisewiththebiggreenhouse.ca](http://www.fundraisewiththebiggreenhouse.ca)

### School Supplies through Write-On Stationery:

Order next year's school supplies by clicking the link below and choose **Parents Order Here**, then type **Copperhaven School - SPRUCE GROVE** and select the grade(s) applicable. You will have the option to remove or add items as necessary to customize your order. Due to Covid restrictions all orders will be shipped directly to your home address for a nominal fee.

[www.write-on.ca](http://www.write-on.ca)



WestView Primary Care Network  
**If there is an emergency, please contact 911.**  
*Please contact any of the helplines or resources below for support.*

## **CRISIS RESOURCES**

**If you are under 18 and need someone supportive to talk to...**

- 24/7 Kids Help Phone: 780-668-6868 or Toll Free: 1-800-668-6868 or Text CONNECT to 686868

**If you are under 18, or a parent of a youth under 18 in a crisis and need help with problem solving, intervention, or an assessment of the situation...**

- Stollery Addictions & Mental Health Crisis Team: 780-407-1000

**If you are an adult and need someone supportive to talk to...**

- 24/7 Distress Line: 780-482-HELP(4357)
- 24/7 Rural Distress Line (outside of Edmonton Area): 1-800-232-7288

**If you are an adult, in a crisis and need help with problem solving, intervention, or an assessment of the situation...**

- 24/7 Adult Crisis and Response Team: 780-424-2424, option 2.

## **WALK-IN COUNSELLING SERVICES**

### **Ages 5-17**

This service offers a 50 minute, solution- focused, single therapy session on a first come first serve basis with a focus on exploring specific issues and possible solutions. **Please call ahead to determine wait times.**

- **Northgate Mental Health Clinic:** 780-342-2700; #2020, 9499 137 Ave Edmonton AB (Monday to Friday 12:30pm - 4:00 pm)
- **St. Albert Mental Health Clinic:** 780-342-1370; 30 Sir Winston Churchill Ave St. Albert AB (Wednesdays 12:30pm - 4:00 pm)
- **Rutherford Mental Health Clinic:** 780-342-6850; #202, 11153 Ellerslie Rd, Edmonton AB (Monday to Friday 12:30pm - 4:00 pm)

### **Ages 16+**

- **ACCESS Open Minds:** 780-415-0048; First Floor of the Bill Reese YMCA 10211 - 105 St. N Edmonton AB. (Tuesday to Friday 12:00pm - 5:30pm)

### **Adults (18+)**

- **ACCESS 24/7:** 780-424-2424; Anderson Hall 10959 102 st Edmonton AB. East facing entrance along 102 St on the main floor of Anderson Hall. Upon arrival in the lobby, buzz for entrance, check in with the reception desk to the right.

## **COMMUNITY CONNECTORS**

Community Connectors support youth ages 11-25 and their families in the Tri-region access and navigate community and mental health supports and services. If you are in need of further information on mental health and community supports and services available...

### **Spruce Grove & Greater Parkland Area**

- Prab Gill, RSW: 780-217-8701; [prab.gill@westviewpcn.ca](mailto:prab.gill@westviewpcn.ca)

### **Stony Plain & Greater Parkland Area**

- Simonne Massner: 780-217-4146; [simonne.massner@westviewpcn.ca](mailto:simonne.massner@westviewpcn.ca)



# Stronger Together

## Parkland School Division Family Supports Newsletter April 20, 2021



Dear parents and caregivers,

Just like our physical health we need to take care of our mental health. Someone can be diagnosed with mental illness, like anxiety or ADHD, and if it is managed well can have positive mental health. Mental health issues are really common, 1 in 5 people have a mental health concern. It is important to reach out for help if you think someone in your family is struggling.

Take care, Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison

### Mental health: What is it, really? [cmha.ca/blogs/mental-health-what-is-it-really](https://cmha.ca/blogs/mental-health-what-is-it-really)



When you hear the words “mental health,” what’s the first thing that comes to mind? Is it depression? Psychiatry? Disability? Is it, in fact, “mental illness” that you think of? Many people use the terms “mental health” and “mental illness” interchangeably, when really, they mean different things. Mental illnesses are described as disturbances in thoughts, feelings, and perceptions that are severe enough to affect day-to-day functioning.[1] Some examples are anxiety disorders, schizophrenia, and mood disorders, such as major depressive disorder and bipolar disorder. Mental health, however, is a state of well-being, and we all have it. Just like we each have a state of physical health, we also each have our mental health to look after. It’s not just about surviving, it’s about thriving. It’s enjoying life, having a sense of purpose, and being able to manage life’s highs and lows.

One in five people in Canada will experience a mental health problem or illness in any given year. But five in five of us have mental health. Mental health isn’t simply the absence of mental illness and living with a mental illness doesn’t mean you can’t have good mental health. Just like someone with diabetes, for example, can live a healthy life, so can somebody with a mental illness. And even if you don’t have a mental illness, that doesn’t mean you’ll feel great all the time. You might experience stress, a difficult life event, or burnout. Just like anyone can catch a cold or flu, everyone can experience the ebbs and flow of well-being. So, there’s not just the one in five of us who have mental illnesses, and “the rest of us” who don’t. There is no rest of us. There is just us—all five in five. We are all on the same team. What good mental health looks like: Good mental health might look different from one person to another.

But there are six common factors of well-being that we see across different descriptions and definitions from across Canada and around the world.

#### Good mental health includes:

- |                                |                                |
|--------------------------------|--------------------------------|
| 1. A sense of purpose          | 4. Having a good sense of self |
| 2. Strong relationships        | 5. Coping with stress          |
| 3. Feeling connected to others | 6. Enjoying life               |

We’re all in it together. Achieving and maintaining good mental health isn’t a one-person journey. In fact, each setting and situation you’re in, and each person you interact with, can impact your wellbeing. This means that to truly achieve good mental health for all, it must be a common theme in every workplace, school and neighbourhood. In order to achieve well-being for all, mental health must be the lifeblood running through the veins at all levels of community.

[1] Quick Facts: Mental Illness & Addiction in Canada. Mood Disorders Society of Canada

**Mental Health Awareness Week is May 3-9, 2021**

**Check out the tool kit at <https://mentalhealthweek.ca/>**



**Family Tips for supporting Family Mental Health with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451**

- Free online webinars
- Low cost counselling for children and adults

Mental health awareness helps reduce stigma and increases our understanding of mental health difficulties. Mental health can be compared to the dimmer switch for lights in my house.

- A negative and unsupportive environment lowers our mental health and increases symptoms related to a mental illness.
- A positive and supportive environment increases our mental health and lowers symptoms related to mental illness.
- individuals diagnosed with a mental illness may require ongoing medical support to effectively manage symptoms.
- The majority of individuals without a significant mental health disorder can effectively manage their mental health with wellness principles. However, in difficult or stressful seasons medical supports can be helpful if we notice an increase of mental health symptoms that are difficult to manage on our own.

Whether an individual experiences mild symptoms of anxiety or has been diagnosed with a serious mental health condition, developing a practical game plan to support each dimension of personal wellness is likely to alleviate symptoms and support effective coping. Developing a wellness game plan in the following seven areas helps create a positive and supportive environment to increase our mental health.



I like to keep things practical. Our world is filled with a plethora of information about a given topic. For example, there is enough information about eating healthy and exercise that should compel all of us to be physically healthy. Unfortunately, there is often a disconnect between information and application. Most of us have enough information in all seven pillars of wellness to live in health. Learning information is easy. Applying information into our daily life to create lasting change is challenging. Many of us have developed new year’s resolutions to exercise more or eat less. But willpower and good ideas do not bring lasting change. We need a practical game plan and accountability mechanisms to check in with ourselves and keep us on track.

Although change seems difficult it’s actually very simple. Change begins with a choice today that changes my trajectory for tomorrow. For example, a few years ago I was upset about my weight, so I decided to make some lifestyle changes to bring about change in my life. My change process started off well. Unfortunately, my change actions did not last long. I exercised sporadically for a few weeks and managed to maintain a healthier diet for a few months. Although I experienced momentary change, without daily action I experienced regress instead of progress. I think this is where most of us get stuck. We’ve all tried dieting, exercising, or other programs to improve our physical appearance. Many of our change aspirations don’t stick because we often focus only on one dimension of health instead of a holistic wellness approach.

**Let’s start small today**

- Pick one or two pillars of wellness to grow in this week.
- Set one specific goal for yourself and reach out to a friend who can cheer you on and keep you accountable.

Wellness is a daily journey of **intentionally making small choices** to improve our wellness and live in a great place of health.

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**How do we help our families stay mentally healthy?**

- Exercise
- Get outside
- Eat well
- Sleep
- Focus on your child's strengths
- Help your child to manage their emotions
- Establish healthy relationships - communicate
- Stay connected
- Find time for fun, especially in challenging situations.



**If you think your child or someone in your family is struggling, seek help. Prevention and early intervention prevents more serious, life-long issues.**

Knowing our happiness triggers  
@mombrain.therapist  
can be just as important as  
knowing our anger triggers...

The infographic lists ten happiness triggers, each with a corresponding illustration:

- a hug (Illustration of a woman hugging a child)
- clean sheets (Illustration of a bed with clean sheets)
- a favorite meal (Illustration of a family sitting at a table eating)
- your favorite smell (Illustration of a lit candle in a glass holder)
- sunlight or time outside (Illustration of a bright sun)
- acts of kindness (Illustration of two hands forming a heart shape)
- moving your body (Illustration of a family dancing or exercising)
- your favorite music (Illustration of musical notes)
- hot coffee or tea (Illustration of a coffee cup)

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Want to talk with your family about emotions and well being? Try watching Inside Out together and follow it up with a family discussion.

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Here is some sunshine for your day.

[P!nk, Willow Sage Hart - Cover Me In Sunshine \(Official Video\)](#)

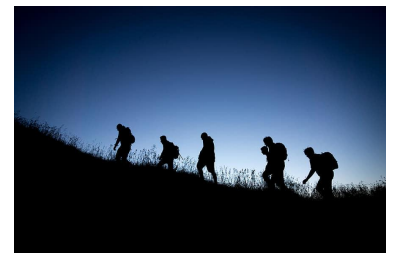


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### Parkland County Trails

One great way to support family mental health is to get outside and get moving. [Discover Parkland](#) is an online, interactive map where you can find trails and create your own maps. Select "Go To Area of Interest" from the "I want to" drop-down menu.

### Parkland County Trails Map



<https://www.parklandcounty.com/en/live-and-play/Parks-Trails-and-Natural-Areas.aspx>

[Activities to support family mental health](#) (Hamilton, CMHA)

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# You're not alone

The COVID-19 pandemic has caused stress and uncertainty for so many of us. Whatever you're going through, we're here to provide mental health and substance use support. Get started by finding resources below, or create an account to track your progress.

About Wellness Together Canada →

- ✓ Free mental health and substance use support
- ✓ Completely private and confidential
- ✓ Available 24/7 to people in Canada and Canadians abroad
- ✓ Keep track of your wellness journey by creating an account

Start your wellness journey today

Not sure where to start?

Contact a program navigator

[Wellness Together Canada | Home](#)

## MORE MENTAL HEALTH WEEK ACTIVITIES FOR YOUR FAMILY

### Positive Mental Health Tips

Keep these in a mason jar in your house for you and your child(ren) to pick up when you feel like you need them.

- Exercise – But something you enjoy!
- Read something you enjoy.
- Collect positive moments – text messages, emails, voice mails, pictures anything that made you feel happy (save them).
- Create a To-Done List instead of a To-Do List.
- Focus on one thing at a time.
- Do something fun.
- Find humour.
- Talk to a Friend.
- Pet an animal.
- Ask for a Hug.
- Eat something yummy.
- Listen to music – whatever you like.
- Try to be grateful instead of feeling guilty.
- Take a Mental Health Day.
- Spend 20 minutes a day on you!
- Set reasonable goals.
- Keep a gratitude journal.
- Write down one good thing that happened today.
- Find a new recipe to try out.
- Call a friend or a family member who makes you happy.
- Do something kind for someone else.
- Go for a walk around your neighbourhood.
- Take a few deep breaths.
- Write down a list of all the things that make you happy.



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# Strong Families Series: Mental Health Awareness



In celebration of **Mental Health Awareness Week**, Parkland School Division is proud to partner with Alberta Parenting For The Future to present another FREE information session for local families.

In our upcoming Strong Families session, Jennie McLester of Alberta Health Services will offer families valuable information about mental health, how it influences our lives, our families and our communities, and how it differs from mental health disorders. She will also share practical tips for improving mental wellness, and highlight the various services and resources available to community members who are seeking help or wish to learn more.

**Date: Tuesday, May 4, 2021**

**Time: 6:30-8pm**

**Location: [Online Zoom Webinar / Discussion Group](#)**

**Presenters: Jennie McLester (Alberta Health Services Youth Stabilization Program Supervisor)**

Mental illness affects all people of all ages and backgrounds: either directly, or indirectly through the personal relationships we forge with others. In an average year, 1 in 5 Canadians will experience a mental health problem or illness - and as we all know, this has been anything but an average year. While maintaining good mental health is just as important as maintaining good physical health, and mental illnesses can be treated effectively, stigma against those living with mental illness still exists, and almost half of those who feel they have suffered from anxiety or depression have never sought professional help (Source: [Canadian Mental Health Association](#)).

For all these reasons and more, it is vital to raise awareness about the importance of mental health, focus on maintaining or improving our mental wellness, recognize possible signs of mental illness in ourselves and others, and know where to seek out help in our community. Interested? Join us for *Strong Families: Mental Health Awareness*.

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/strong-families-series-mental-health-awareness-registration-150623534045>.

For more information, please contact:

Vicky Mamczasz Family Supports Facilitator

Email: [vmamczasz@psd70.ab.ca](mailto:vmamczasz@psd70.ab.ca)

***Mental Health Awareness Week is May 3-9, 2021***

***Check out the tool kit at <https://mentalhealthweek.ca/>***



## Strong Families: Why Won't My Child Eat?

Parkland School Division is proud to partner with Alberta Parenting For The Future to present another FREE information session for local families.

In our upcoming Strong Families session, pediatric occupational therapist Tracey Urquhart will offer families valuable information about the eating habits of children, and ways to tell if their food fussiness is a normal response, or a sign of something more serious, such as an eating disorder. In addition, Tracey will offer participants practical tips for managing any stressful situations that may arise at mealtime, including picky eating, tantrums, sensory issues and food avoidance.

Date: **Tuesday, May 18, 2021**

Time: **6-8pm**

Location: [Online Zoom Webinar / Discussion Group](#)

Presenter: **Tracey Urquhart, Pediatric Occupational Therapist**

Does mealtime in your household stress you out? Is catering to your child's ever-evolving food preferences (or lack thereof) exhausting? Are you getting worried about your child's food intake?

You may have heard that picky eating is just a normal part of childhood, and if you leave your child be, they'll grow out of it. Unfortunately, picky eating is anything but a simple problem, as it can be a sign of a number of issues, including potential eating disorders.

This session will help you uncover the root of your child's picky eating, addressing common mealtime conflicts and providing means to manage them. You will also learn how to spot signs of more significant eating issues in children, and what you can do to seek help. Join us to learn some useful strategies to help you guide your child towards enjoying a more varied, healthy diet.



Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/strongfamilies-series-why-wont-my-child-eat-registration-150792704037>.

For more information, please contact:

Vicky Mamczasz Family Supports Facilitator

Email: [vmamczasz@psd70.ab.ca](mailto:vmamczasz@psd70.ab.ca)

**Mental Health Awareness Week is May 3-9, 2021**


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## Healthy Together


An innovative family education model for children in grades 7,8,9 to promote and support healthy lifestyles. The program involves a series of aged -based, group learning sessions that focus on healthy eating, physical activity, community engagement and offers children easy to use tools to support healthy lifestyle choices.

Here is the link to register

<https://www.eventbrite.ca/e/healthy-together-registration-150788980901>



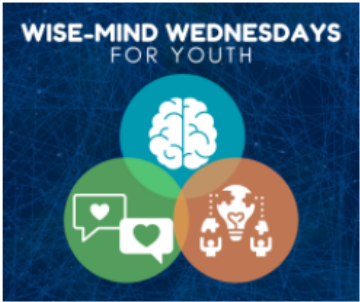
STONY PLAIN FCSS  
**YOUTH CENTRE**



@spyouthcentre  
SPYOUTHCENTRE

If you are or you know a youth in need of a pick me up, why not contact the Stony Plain Youth Centre and find out more about our comfort box porch drop offs? Or maybe you're running low on things like soap and shampoo? Message us directly via Facebook or Instagram, for a hygiene kit (courtesy of WE CARE) dropped off right at your door, no questions asked. We look forward to adding some outdoor programming once the weather warms up and we are safe to do so. In the meantime we will continue to offer weekly games, challenges and opportunities through our 'Virtual Youth Centre'. Follow us on Instagram, Facebook or Snapchat to stay in the loop!

Additionally, we are beyond excited to announce the start of a collaborative program aptly named 'Wise-Mind Wednesdays'.



WISE-MIND WEDNESDAYS  
FOR YOUTH

Created in partnership with Spruce Grove FCSS and Parkland County, the goal is to provide a consistent time and place for youth to access safe adults and tackle topics such as 'Understanding Stress', 'Setting Boundaries' and 'Navigating Change & Loss'.

**Who:** Youth aged 11-18 years old  
**When:** Every Wednesday from March 24 - May 12, 4:00-5:30PM  
**Where:** Offered virtually via Zoom-registration is required! Once registered, you will have access to all Wise-Mind Wednesdays programs.  
**Registration:** [here](#)

[https://ca.apm.activecommunities.com/cityofsprucegrove/Activity\\_Search](https://ca.apm.activecommunities.com/cityofsprucegrove/Activity_Search)

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**LD Association Edmonton - Monthly Virtual Parent Support Groups**

Join us for our parent support group running every fourth Wednesday of the month from 7:00pm until 8:30pm. Next group is April 28, 2021. Register by emailing [info@ldedmonton.com](mailto:info@ldedmonton.com) for the Zoom Link.

**Support Group Topics**

April 28, 2021 - Transitioning to Adulthood

May 26, 2021 - Helping Struggling Reader at Home



**Girl Guides of Canada**

Have you heard about our exclusive offer? For a limited time, we're inviting girls across Canada to try Girl Guides for free!

Your daughter can experience the endless fun, exciting activities and amazing connections Guiding offers at no cost to you!

Try Now, Join Later is open to girls 5-17 years old who are not currently members. It's the perfect opportunity to discover the world of Girl Guides and get early access to register for next year.

Sign up for free today: <https://bit.ly/3sVMGPv>

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## Online Resources

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

[Teenmentalhealth.org](http://Teenmentalhealth.org)

[www.kidshealth.org](http://www.kidshealth.org)

[www.mindyourmind.ca](http://www.mindyourmind.ca)

[www.parenthelpline.ca](http://www.parenthelpline.ca)

[www.voomagazine.net](http://www.voomagazine.net)

## Reach out for support...

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221  
Community Connector - Simonne Massner - 780-217-4146 Stony Plain and Prab Gill - Spruce Grove and Greater  
Parkland area 780-217-8701

Youth Mental Health - Northgate Walk In Clinic (AHS - now call in or virtual appointment)780-342-2700

MOBILE/AFTERHOURS CRISIS TEAM: 780-407-1000

Mobile Addictions Support - Lisa Kimmerly - 780-868-1895

Parenting support (APFA) - Triple P Parenting - Rebecca Plante - 780-963-0549

Adult Crisis Response - 780-342-7777

Support Network Distress Line - 780-482-4357

Adult Mental Health Referral and Treatment - 780-424-2424

Parkland School Division - Family Support - Vicky Mamczasz - 780-668-7422

Sunrise Supports - Dena Davis - 780-977-6241

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# HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

## WHO CAN HELP, WHERE CAN I GO, AND HOW DO I GET SUPPORT?


### I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line ..... 780-482-4357(HELP)  
 Addiction Helpline..... 1-866-332-2322  
 Child Mental Health (8am-11:30pm) 780-427-4491  
 Kids Help Phone ..... 1-800-668-6868  
 Bullying Helpline..... 1-888-456-2323  
 Seniors Abuse Helpline ..... 780-454-8888  
 Family Violence Info Line ..... 310-1818  
 Sexual Assault Center (9am-9pm) 780-423-4121  
 First Nations & Inuit Mental Health  
 Hope for Wellness ..... 1-855-242-3310

### I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance  
 .....780-644-5135  
 Access 24/7 (Adults)  
 Addictions & Mental Health .....780-424-2424  
 Westview Health Centre.....780-968-3600  
 Child Intervention Services .....780-422-2001  
 Kids Cottage Crisis Childcare ...780-944-2888  
 Parkland RCMP .....825-220-2000  
 Poison Control ..... 1-800-332-1414  
 NeighbourLink Parkland (practical crisis help)  
 Monday-Friday 9am-4pm .....780-960-9669  
 Pay Forward Kindness (homeless supports)  
 ..... 587-286-4663

### I DON'T EVEN KNOW WHERE TO START?

 **24-hour** information and referral line connecting you to social, health and government services.

 or download **HelpSeeker**, onto your phone to find local supports and resources.

### WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (men, women) ..... 780-424-8335  
 Women's Emergency  
 Accommodation Centre ..... 780-423-5302  
 Hope Mission (ages 16+, men, women) 780-422-2018  
 Youth Empowerment &  
 Support Services (YESS)..... 780-468-7186  
 Salvation Army (Transitional Housing, \$12/day)  
 ..... 780-429-4274

### I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters  
 ..... 1-866-331-3933

### I NEED DETOX SUPPORT

George Spady ..... 780-424-8335  
 AHS Detox Centre..... 780-427-4291  
 Youth Edmonton Detox ..... 780-422-7383

### I NEED A SAFE CONSUMPTION SITE

Boyle Street Community Serv... 780-424-4106  
 George Spady Centre ..... 780-424-8335  
 Boyle McCauley Health Centre 780-422-7333

### I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Addictions and  
 Mental Health (adults)..... 780-424-2424  
 Youth Addiction Services ..... 780-422-7383  
 Access Open Minds (youth 16-28) ... 780-415-0048  
 Child and Adolescent  
 Mental Health Services ..... 780-342-2701  
 Westview PCN Youth  
 Mental Health Clinic (ages 11-24) ... 780-960-9533

### I NEED HEALTH INFORMATION

Health Link Alberta (24/7) .....811

### WHERE CAN I FIND FOOD?

Parkland Food Bank  
 105 Madison Cres, Spruce Grove..... 780-962-4565  
 Auggies Café (Tuesday Free Lunch)  
 131 Church Rd, Spruce Grove ..... 780-962-5131

Spruce Grove FCSS #105 - 505 Queen Street, Spruce Grove, AB 780-962-7618  
 Stony Plain FCSS #107, 4613 - 52 Avenue, Stony Plain, AB 780-963-8583



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